



Monthly Gratitude Tracker

The more
GRATEFUL I am
The more
BEAUTY I see



I'm happy to share this document with you!



When I first moved to Canada in 2013, it was the hardest time of my life. Even though I had traveled to many countries and worked in many places, this move was more permanent and that somehow made my adaptation process even harder than what it should have been or what I expected.

I've always been a very outgoing person, with many friends, always wanting to go out and explore... I completely changed, I didn't want to go anywhere or meet anyone. I basically stayed at home most of the time and had literally no social life.

I don't know if what I went through was actually some kind of depression, but if it was, I went through it and this tool that I share here with you, (as simple as it seems) helped me focus on the important things in my life, **the positive ones!**



On the next page, you'll be able to see and print your **monthly gratitude tracker** to keep your focus on what makes you happy!

Things, people, situations, or basically anything that you are thankful for you can write on it.

At the end of each day, reflect on your day, on what you did, who you met, even what you ate, and **identify one thing that made you smile**, or one thing you enjoyed doing, write it down in the square.

You will love to see the results at the end of the month. Start **TODAY!**

Disclaimer: I am not a mental health professional. I just share my experience in hope that what I went through helps other people. If you are struggling, please ask for help! Visit a mental health professional.





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MONTH _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Thank you!

I hope you take advantage of this tool.

If you like it please go ahead and **share the link below** with your friends, it helps us have more and more great people as part of our community.

Share this link with someone that might need it today!

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